



Vol. 30 No. 6 FRIDAY, FEB. 14, 2003
RAF LAKENHEATH, UK www.lakenheath.af.mil



Power hungry

**EUCOM members push
their max's for title**

**And the
winner is...
Wing honors
best of best**



JET 48 Vol. 30 No. 6
Friday, Feb. 14, 2003

Brig. Gen. John T. Brennan
48th Fighter Wing commander

Maj. Francisco G. Hamm
Public affairs chief

Master Sgt. Will Ackerman
Public affairs superintendent

JET 48 STAFF

1st Lt. Chris Watt
Deputy chief of public affairs
Chief of internal information

Staff Sgt. Tiffany Jeltema
Editor

Senior Airman Jeff Hamm
Assistant editor

Tabby Casto
Jet 48 intern

HOW TO REACH US

Submissions

Email: jet.48@lakenheath.af.mil

DSN: (314) 226-2151

Fax: 44+(1638) 525637

Phone: 44+(1638) 525640

Editorial office: Jet 48, Unit 5210 Box 215, APO AE 09464

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

Deadline for submissions to the Jet 48:

- ☐ Noon Wednesday, ten days prior to publication
- ☐ Noon Monday prior to publication for weekend events with advance notice to editor.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photographs are Air Force photos unless otherwise indicated. The public affairs office reserves the right to edit all material submitted for publication.

48th Fighter Wing Public Affairs

Mail: 48FW/PA, Unit 5210 Box 215, APO AE 09464

Email: 48fw.pa@lakenheath.af.mil

Phone: 44+(1638) 522151

Advertising

For advertising rates and information, call
44+(1428) 609920

The Jet 48 is published by **Forest Publishing (E.A.) Ltd.**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Jet 48 are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

AT A GLANCE

4 COMMANDER'S FORUM

- ❖ COMUSAFE speaks on importance of diversity

7-8 NEWS

- ❖ Program mentors new Air Force spouses



10 AROUND THE AIR FORCE

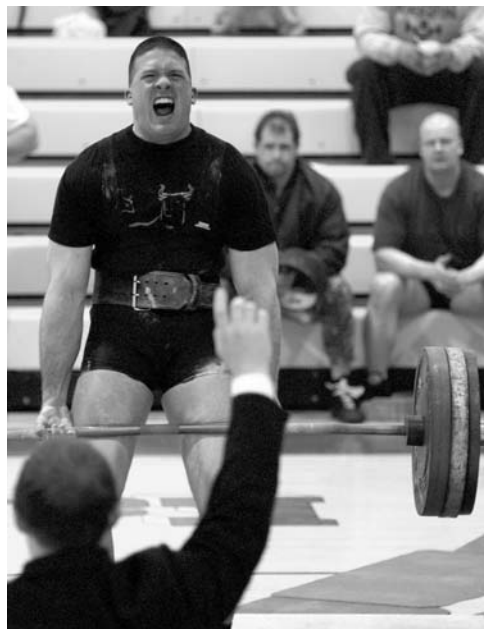
- ❖ Rumsfeld visits Aviano Air Base, Italy
- ❖ Air Force receives new race, ethnic categories

13-15 COVER STORY

- ❖ Uncover the hard work behind the 2002 Liberty All-Stars

16-19 SPORTS&FITNESS

- ❖ Powerlifters exhibit raw power during strength competition
- ❖ Lancer athletes ready for Division I tourneys



21 DISCOVER BRITAIN

- ❖ The origins of Valentine traditions



25-26 COMMUNITY

- ❖ Community births
- ❖ Students earn more than \$7,000 for charity
- ❖ Movies: CIA secrets or the truth about a spouse?

FLYING HOUR PROGRAM STATUS

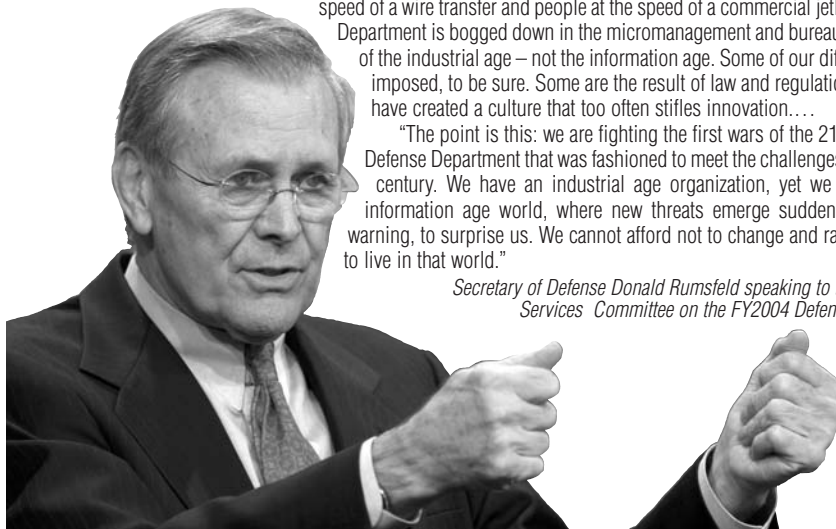


In an effort to keep Team Liberty updated on the wing's progress in the Flying Hour Program, this info-graphic will appear in the first Jet 48 every month. For the 48th Fighter Wing, the status of the FHP is a major factor in determining whether or not Team Liberty can take a day off for reaching a goal.

ON THE COVER

Roll the carpet out for the base's 2002 Annual Award Winners. Airman 1st Class Cari Pittman was unavailable for photo. Photo illustration by Staff Sgt. William Greer and Staff Sgt. Tiffany Jeltema. For story, see Pages 13-15.

Quote from Capitol Hill



"In an age when terrorists move information at the speed of an e-mail, money at the speed of a wire transfer and people at the speed of a commercial jetliner, the Defense Department is bogged down in the micromanagement and bureaucratic processes of the industrial age – not the information age. Some of our difficulties are self-imposed, to be sure. Some are the result of law and regulation. Together they have created a culture that too often stifles innovation....

"The point is this: we are fighting the first wars of the 21st century with a Defense Department that was fashioned to meet the challenges of the mid-20th century. We have an industrial age organization, yet we are living in an information age world, where new threats emerge suddenly, often without warning, to surprise us. We cannot afford not to change and rapidly, if we hope to live in that world."

Secretary of Defense Donald Rumsfeld speaking to the House Armed Services Committee on the FY2004 Defense Budget Feb. 5.



Martin

COMUSAFE reflects on African-American heritage

BY GEN. GREGORY S. MARTIN

U.S. AIR FORCES IN EUROPE COMMANDER

RAMSTEIN AIR BASE, Germany (USAFENS) — In 1976, President Jimmy Carter issued the first presidential proclamation instituting ethnic observances. Since then each February has been designated "African-American History Month" to commemorate the rich and varied contributions of African-Americans to the culture and history of the United States and the world.

Talented African-Americans helped to shape and enrich our culture long before they won the right to vote, even before they escaped the bonds of slavery. As we explore the history and culture of African-Americans, we uncover stories about the triumph of the human spirit, revealing in accounts of everyday people confronting and rising above the indignities imposed by prejudice.

Without their contributions, we would lose much of what we value as distinctly American. African-American scientists, inventors, artists, factory workers and educators have contributed immeasurably to the improvement and progress of our nation and the world. Their stories are not only an important part of African-American history, but also an essential part of American history.

Our society's rich diversity is one of our greatest strengths. Let us use this occasion to reaffirm our commitment to change attitudes and heighten awareness of the African-American experience. I encourage each of you to take the time to participate in the many observance activities this month.

YOUR LINK TO THE COMMANDER

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 7-2324, fax 7-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

John T. Brennan
48th Fighter Wing commander

Turn your headlights on

My letter is of concern not complaint. I am totally frustrated with the complete disconcert our military members, family members and retirees have of the driving elements which are so often apparent but are absolutely ignored by so many. We are in the dead of winter, the roads are slippery, rain is so often times with us, darkness surrounds us both in going to and coming from work. But, we choose to speed, overtake, tailgate, etc. Most importantly, we fail the easiest test – our lights!

The procedure is so simple. With a simple turn of a knob or a flick of a switch, we can both see and most importantly, be seen. We so often times see others who drive with their parking lights on during darkness and semi-darkness. Sometimes, there are those who have no lights on at all. We tend to use our vehicles as a recreational item rather than a mode of transportation. As you so very well know, our vehicles can be a weapon. In my 33 years in the United Kingdom, I have seen, read and experienced numerous accidents. Some

have taken precious lives and seriously injured others.

I realize that there is little that you can do about our members driving stupidly off the base, but there is something that can be done about driving on the base. My suggestion is simple: have a policy that during certain months and certain hours headlights are compulsory on the base. If not, colorful and numerous signs strategically located in many locations on the base. Some of us don't even realize that we don't have our lights on when we would choose to. I believe this policy would, at first be frowned upon, but later we would appreciate the insistence. Hopefully and most importantly, it would save lives and injuries.

Thank you for your concern and suggestion regarding the use of headlights by our motorists. You bring up a very important point that many motorists seem to overlook – headlights help you to see and be seen by others.

Your suggestion for the use of headlights is a good one and is already addressed in RAF Lakenheath Instruction 31-204 which states, "Headlights are required to be used on every vehicle on the road from dusk to dawn and at any other time there is inclement weather conditions that reduce visibility. Headlights should also be used when there is not sufficient light to render clearly discernable persons and vehicles at a distance of 500 feet."

Security forces enforce this policy already and are planning to place signs at both gates reminding drivers to use their headlights properly. Driving is a privilege many of us enjoy while safe driving is a responsibility all of us share. We constantly strive to promote safe driving habits among our RAF Lakenheath community.

Air Fete 2003 cancelled

100TH AIR REFUELING WING
PUBLIC AFFAIRS

STAFF REPORT

Due to increased operational requirements in support of the Global War on Terrorism, RAF Mildenhall's Air Fete air show 2003 has been cancelled.

Europe's largest military-sponsored air show typically held over the last weekend in May, draws crowds and aircraft from throughout Europe and the world. In 2001, the show drew its largest crowd ever with more than 550,000 people and 143 aircraft from 14 countries participating.

"We look at many factors before hosting Air Fete," said Col. Donald Lustig, 100th Air Refueling Wing commander, RAF Mildenhall. "An important aspect again this year was our operations tempo which has required our aircraft and personnel to be deployed for missions, including support for Operation Enduring Freedom. We also listened to the local community concerns and based our decision on their interests as well."

As the only American aerial refueling wing based in Europe, the KC-135 Stratotankers at RAF Mildenhall are

responsible for refueling U.S., NATO and allied aircraft within a 20 million square mile area, covering 93 countries from the Northern tip of Norway to South Africa and from Greenland to Siberia.

Much like the reasons Air Fete was cancelled in 1999 due to the Kosovo situation and last year in the aftermath of Sept. 11, 2001, the unpredictability of the ongoing war on terrorism has increased the operations tempo for not only RAF Mildenhall but also many sister services and allies.

"In past years operational missions at RAF Mildenhall were suspended during Air Fete, but with the increased operations tempo that isn't an option this year," said Lustig. "It was a difficult decision to make, but in the end we could not guarantee the caliber of event that people expect of an Air Fete at RAF Mildenhall."

"We look forward to continuing our special relationship with the surrounding community and will participate in local events wherever and whenever possible to reflect our appreciation of their support," said Lustig.

There will also be no show in 2004 because of a scheduled runway construction project.



Photo by Tech. Sgt. Dean J. Miller

Exercise, exercise, exercise!

Airman 1st Class Aaron DeLaRosa, 48th Aircraft Maintenance Squadron, 492nd Aircraft Maintenance Unit, completes maintenance documents during the base-wide Warrior Week exercise Monday. The exercise will be featured in next week's Jet 48.

Safety a must for drivers, pedestrians

48TH FIGHTER WING SAFETY OFFICE

STAFF REPORT

There is a high influx of pedestrian traffic on base. High potential areas where there are a lot of pedestrian traffic utilizing crosswalks are the areas around the Base Exchange, hospital, dormitories and post office.



Photo by 1st Lt. Chris Watt

With the high amount of pedestrians on base, drivers and walkers need to take proper precautions to ensure safety of those on the roads.

Safety tips for drivers

While driving in the United Kingdom, defensive driving is paramount. Drivers should always expect the unexpected, be on the lookout for pedestrians crossing the street and give way to pedestrians.

During extremely cold weather, the base roads and parking lots tend to freeze over with black ice. All drivers need to ensure they reduce their speed to ensure they can come to a complete stop if need be. Facility managers are personally responsible for keeping sidewalks and building entrances and exits free from any ice.

Safety tips for pedestrians

The Green Cross Code is a guide for everyone showing you how to cross the road safely: find a safe place to cross then stop; stand on the pavement near the curb; look around for traffic and listen; if

traffic is coming let it pass; when there is no traffic near walk straight across the road; and keep listening and looking for traffic while you cross.

Pedestrians should utilize crosswalks because this is where vehicle operators are expecting to see you. Pedestrians are advised to make eye contact with the drivers from both directions and ensure the oncoming vehicle comes to a complete stop prior to stepping out into the road. In the United Kingdom, pedestrians need to look right then left and then right again before crossing the street. If possible, only cross the road at Zebra, Pelican and traffic light crossings. If these aren't available, pedestrians should choose a place where the road is seen clearly in all directions, and where drivers can see them.

Always wear bright colored clothing at night or in bad weather. Fluorescent materials are good. They show up in daylight and dusk. Reflective materials are good at night. In uniform, reflective belts are mandatory during the hours of darkness or reduced visibility while in a traffic environment. As reminder, pedestrians are not permitted to wear headphones in a traffic environment.

Heart Link helps new military spouses

Heart Link gives a formal welcome to newly married military spouses. It offers insights into traditions and protocols of the military. The program gives information outlets to military spouses and teaches participants how to navigate effectively through the military system by explaining military benefits and clarifying military acronyms. Heart Link lets the spouse know that they play an integral role in the military mission. The next Heart Link program will be from 8:15 a.m. to 2:15 p.m. at the base chapel Feb. 24.



Changes to telephone dialing process



The telephone dialing process for making calls on base and DSN is changing. Seven-digit dialing will be utilized for all on base and within Europe DSN calls though commercial access and dialing 99 will not change. This change will increase the amount of calls that can be processed through the base telephone network and will also provide for enhanced security by allowing caller ID from the Commercial British network. This will make identifying threatening calls, such as bomb threats, easier.

Upgrades at RAF Lakenheath have already begun and will be fully implemented March 3. Callers will no longer be required to dial the 94 access code for DSN. For dialing within the 314 prefix, users will dial only a seven-digit DSN number (480-XXXX). For dialing outside of our 314 prefix, people will continue to dial ten digits: prefix plus the seven-digit number (315-370-XXXX). To call RAF Mildenhall, use the seven-digit system (238-XXXX). Aside from the changes to procedures, users may need to reprogram their hot keys on your telephone and you may need to reset your call forwarding to include the extra three digits. For more information, call the Telephone Control Office at 7-2603.



Photo courtesy of the 48th Fighter Wing History Office

50 years of news

The Air Force's first F-100D flight simulator began operations at Chaumont Air Base, France, in 1957. A technological marvel for its day, the analog computer was made up of 920 tubes, 130 amplifiers and miles of wire. Like a strand of Christmas lights, the failure of one tube shut down the simulator and each of the 920 had to be inspected to find the one bad tube. Yet, pilots heralded the trainer for its ability to simulate flight and emergency conditions.

Official mail zip code change

Effective Saturday, the official mail ZIP Code for all offices on RAF Lakenheath and RAF Feltwell will change to 09461. This is to accommodate presorting of official mail from personal mail at USPS level and will result in faster mail delivery of both official and personal mail to the community. To allow time for this change, incoming official mail addressed to 09464 will continue be delivered through the Official Mail Center for one year and will not be returned. However, in order to expedite delivery of the mail and realize the benefit of this change, those affected should notify their correspondents of the ZIP Code change as soon as practical. Mail originating in the United Kingdom or Europe that is addressed to the UK postcode IP27 9PN will remain unaffected. All personal mail going to P.O. Boxes will retain the 09464 ZIP Code and also remain unaffected. Official mail ZIP Code +4 suffix will remain the same as current +4. For more information, call the postmaster, Master Sgt. Jeffrey Thompson, at 7-5464, or the OMC Chief, Colin Mallett, at 7-6580.



Staff Sgt.
Elizabeth Molloy
48th Component
Repair Squadron

Liberty Warrior

Hometown: Peru, Ind.
Time in service: 11 years, 11 months
Time on station: One year, five months
Role in mission: I'm the Education and Training

Manager for 48th CMS. I advise my commander on all training issues and requirements. I manage various aspects of the Air Force training program to include the Career Development Course, on the job training, ancillary, deployment and formal training.

Hobbies: Refinishing furniture, antiques, reading, gardening and

football
Favorite movie/book: "It's a Wonderful Life" and "Battlefield Earth" by L. Ron Hubbard
How do you contribute to the wing mission? Ensure the men and women of the 48th CMS are highly trained at all times in preparation for war
How would you improve life at RAF Lakenheath? Instill more discipline and reeducate our people on the reasons we have standards and why we should enforce them. The more firm the leadership, the higher the morale. I would also eliminate the indefinite date eligible for return from overseas – no one should stay at any base for more than six years – most become complacent when they "over extend."



Patriot Express upgrades

Improvements have been made on the Patriot Express to better serve passengers. Seats will now be pre-assigned through the passenger travel section. Business class meals will be served for flights with meals and special meals (vegetarian, diabetic and children) are available when requested 24 hours in advance. Movie snacks will be provided and children's fun kits are available. For more information, call the passenger travel section at 7-1854.

Rumsfeld rallies troops during Aviano visit



Photo By Staff Sgt. Staci L. Rosenberger

Secretary of Defense Donald Rumsfeld speaks with troops during a town hall meeting Feb. 7 at Aviano Air Base, Italy.

BY SENIOR AIRMAN JULIE A. WECKERLEIN

31ST FIGHTER WING PUBLIC AFFAIRS

AVIANO AIR BASE, Italy (USAFENS) — Secretary of Defense Donald Rumsfeld told service members during a town hall meeting here Feb. 7 that they “stand between fear and freedom, and America is counting on its military.”

Rumsfeld visited the U.S. Air Force’s only fighter wing south of the Alps for a few hours as part of a trip to gain European support for the global war on terrorism and future contingencies.

However, patriotism and enthusiasm was certainly not lacking at the meeting, held in a hangar packed with more than 1,500 people. In the shadow of a large American flag and an F-16 Falcon fighter jet, Rumsfeld played up to the charged atmosphere.

“You are all representatives of folks stationed all across the globe,

standing on the frontiers of freedom. We are grateful. The American people are grateful, and you must know that,” he said. “On the other hand, I look around this base, at the skyline, the snow on the mountains – I must admit, you’re pretty lucky to be here. I can see why the folks here like it so much.”

He spoke of his appreciation for all those who volunteered to join the military, the significance of their sacrifices and dedication, and even recognized the importance of military family members, who were also part of the crowd.

“Military families often have to endure separation, and those left behind are forced to cope with all the daily problems without their loved one there. These families are serving the country, too, and we thank you, as well,” he said.

After his speech, Rumsfeld took questions from the servicemembers. Most questions focused on possible military actions in Iraq.

“It is highly unlikely we go to a full mobilization,” he said, in response to a question about extending current Air and Space Expeditionary Force deployment rotations. “The way we were organized was really for an industrial age, and not an information age. And the way we were prepared to deploy was going from no deployments to a full deployment.

“Yet, activated people are generally proud to serve, but they want to do something real and worthwhile, and they don’t want to be just called up and used for something they know doesn’t need to be done. So, we’re refashioning the whole process to do things a little better, which I expect to be in place in the next six months,” he said.

Rumsfeld also answered questions about European and Middle Eastern support for a possible attack on Iraq.

“We are satisfied with the support we’re getting from countries in the Middle East. Any shift of support and opinion won’t happen in the Middle East, though. It’ll come from those countries who aren’t close to Iraq, and haven’t been exposed to the brutality of that regime,” he said. “Those countries in the Middle East already know how repressive the Iraqi regime is, and they know they’ll all be better off without Saddam Hussein.”

Air Force gets new race, ethnic categories

AIR FORCE PERSONNEL CENTER — Airmen are now able to claim more than one race in their official personnel files because of a change in how the Air Force records racial information.

Some airmen’s race designations will automatically be changed to fit the new categories as part of the data conversion. The new choices are part of a government-wide effort to standardize race data

The revamped choices are American Indian or Alaska Native; Asian; Black or African American; Native Hawaiian or other Pacific Islander; and White.

The easiest way for members to view and update their racial designation is on the Virtual Military Personnel Flight by clicking the “vMPF” button at <http://www.afpc.randolph.af.mil/>. Race choices and descriptions of the new categories are located on the “personal information” page under the “records review” link, he said.

For more information, call the military personnel flight at 7-5130.



Photo by Staff Sgt. Tony Tolley

Standing guard

OPERATION ENDURING FREEDOM — Airman 1st Class Taneka Jackson (left), and Airman 1st Class Natalie Ortiz, assigned to the 321st Expeditionary Security Forces Squadron, provide command and control of an entry control point at a forward-deployed location in support of Operation Enduring Freedom. Jackson and Ortiz are deployed from RAF Lakenheath.

Drum roll please . . . Team Liberty honors its best

BY 1ST LT. CHRIS WATT

48TH FIGHTER WING PUBLIC AFFAIRS

The U.S. Air Forces in Europe band, the Ambassadors, lit up Eagles' Landing with patriotic music and formal drum rolls during the 48th Fighter Wing's Annual Awards Banquet Saturday.

Eight Liberty Warriors were declared the best of the best of 33 nominees from 13 squadrons across the wing. The wing award winners were selected from officer, enlisted and civilian nominees after each won at their squadron and then group levels. The final nominees competed at the wing level in eight categories: Airman; Non-Commissioned Officer; Senior NCO; Company Grade Officer; First Sergeant; Honor Guard Member; Civilian, Non-supervisory; and Civilian, Supervisory.

In January, the four groups, 48th Fighter Wing staff and Honor Guard sent nomination packets to the selection board made of four chief master sergeants and Chief Master Sgt. Carl Brown, 48th FW command chief.

The airmen, NCO and senior NCO nominees were interviewed for the honor and, according to Brown, they were impressed by every nominee.

"We had to make some really tough choices," he said. "The Liberty Wing has the best airmen in the Air Force. Choosing just one outstanding airman from the many can be a real challenge."

Speaking about the caliber of this year's competitors, Brig. Gen. John Brennan, 48th FW commander, stated at the banquet that of the 33 nominees this year, 16 were squadron quarterly or annual award winners, four were group quarterly award winners and four were wing quarterly award winners.

Additionally, he said that 10 of the nominees completed their Community College of the Air Force degree in 2002 and 15 of the nominees were working on or have completed their bachelor's or master's degrees.

"Tonight we recognize a select group as being the best of the best," said Brennan. "This event caps a very busy and rewarding year for the 48th Fighter Wing. We as a wing were faced with many challenges and together were able to overcome them and show the world that we are the premier fighter wing in the world."

"We are fortunate to be surrounded by great people every day here in the Liberty Wing," said Brennan, addressing the nominees and winners. "Your dedication is what allows us to achieve superb results and provide the security our nation asks for. I want to thank all of you for your service to the Liberty Wing and our nation."

As the banquet concluded, it became apparent that with or without a drum roll, the men and women of the 48th FW keep Liberty's torch burning bright.

Photo by Staff Sgt. William Greer

2002

ANNUAL AWARD

WINNERS

Civilian of the Year, Supervisory
William Davis,
48th Civil Engineer Squadron
As the lead fire inspector for RAF Lakenheath and RAF Feltwell, Davis completed over 125 facility inspections covering 500,000 square-feet of resources; resulting in a 40 percent annual reduction of reportable fires. As a polished professional and persuasive speaker, Davis personally provided fire safety education to over 600 personnel. He successfully completed the Department of Defense Fire Inspector I and II courses, making him fully certified in both the United States and Great Britain.



Civilian of the Year, Non-supervisory
LaConger Shelton,
48th Medical Support Squadron
As a budget analyst for the 48th MDSS, she successfully allocated a \$20 million dollar budget for the hospital and six geographically separated units. Shelton is a top-notch campaigner who effectively petitioned for resources to meet medical readiness requirements resulting in the 48th Medical Group receiving an additional \$3.6 million in annual distribution from Headquarters USAF.



Airman of the Year
Airman 1st Class Cari Pittman,
48th Civil Engineer Squadron
A dynamic airman and firefighter in the 48th Civil Engineer Squadron, Pittman consolidated rescue equipment service data information with razor-sharp accuracy. This was key to the flight's "Outstanding" report during the 2002 Ministry of Defense Conventional Weapons Inspection. Her skill and knowledge led to her selection as the first-run engine driver/operator; a position normally filled by higher ranks.



Senior NCO of the Year
Master Sgt. Louis Francavilla,
494th Fighter Squadron
As the superintendent of squadron operations for the 494th Fighter Squadron, Francavilla managed the Aviation Resource Management database, accurately tracking 19,000 annual flights and ground training events ensuring the unit's success. His leadership as the Air Force Sergeants Association vice president and involvement in base community programs exemplified the Liberty Spirit.



Honor Guard Member of the Year
Staff Sgt. Damon Cipolla,
48th Aircraft Maintenance Squadron
As a member of the base Honor Guard, Cipolla is not only an outstanding representative of the wing, he is also a committed member of this elite group. He is first to volunteer for details and exemplifies the profession of arms and the Air Force's core values.



NCO of Year
Tech. Sgt. John C. Yun,
48th Medical Operations Squadron
As the most junior NCO to ever hold the position of NCO in charge of the 48th MDOS Primary Access Flight/Emergency Services, Yun led the largest family practice clinic in U.S. Air Forces in Europe, ensuring optimum care for over 1,300 beneficiaries monthly. He also serves as the primary flightline instructor for the 48th Medical Group, maintaining competency for over 50 emergency medical technicians from two wings.



CGO of the Year
Maj. Michael Koscheski,
48th Operations Support Squadron
As the Weapons and Tactics Flight commander in 48th OSS, Koscheski is directly responsible for the combat capability of 24 F-15Cs, 48 F-15Es and over 200 assigned pilots and weapons systems operators. A combat-proven instructor pilot and officer, his leadership, innovative-thinking and old-fashion hard work paved the road to success for every major 48th FW tasking in 2002.



First Sergeant of the Year
Senior Master Sgt. Ray Weaver,
48th Medical Group
An outstanding first sergeant and proven leader, Weaver provided exceptional guidance in leading the largest medical group in USAF with four diverse squadrons and 67 different career fields encompassing 750 personnel. He personifies excellence and instills loyalty, drive and desire to excel in every one he comes in contact with. He is the one that "gives care to the caregivers" and personifies the First Sergeant motto: "People Are My Business."



RAW POWER

American servicemembers compete for best title

BY TECH SGT. DEAN J. MILLER

48TH FIGHTER WING PUBLIC AFFAIRS

RAF Lakenheath hosted the 2003 U.S. Forces European Powerlifting Championship Saturday. Twenty-one athletes – 18 men and three women – competed from RAF Lakenheath; RAF Mildenhall; Hohenfels Combat Maneuver Training Center, Germany; Ramstein Air Base, Germany; and Supreme Headquarters Allied Powers in Europe, Belgium.

Competition was based on the combined weight each competitor lifted in a series of up to three lifts in the squat, bench-press and dead lift. Competitors were also placed based on the Wilk's formula, which eliminates weight classes and balances weight lifted against each lifter's body weight. The formula places all lifters on an even playing field in regards to what they actually lifted.

Heavyweight lifter John Dietle from RAF Mildenhall was the top lifter with the heaviest lifts in each category and lifting 772.97 kg (1,704.1 pounds) overall in the 125 kg (275.6 pounds) weight class.

In the 110 kg (242.5 pounds) weight class with

Left: Clayton Shults dead lifts 227.5 kg (501.5 pounds) during the the 2003 U.S. Forces Powerlifting competition Saturday.

Below: Lora Gresswell squats 85 kg (187 pounds) during the powerlifting competition Saturday.

five competitors – all from RAF Lakenheath, three first-time competitors, took the top three slots. Davis Perry lifted an overall 652.5 kg (1438.5 pounds) for first place followed by Clayton Shults with 632.5 kg (1394.4 pounds) and Michael Leliart with 652.5 kg (1438.5 pounds).

Lakenheath's Joe Difidi took first place among six competitors in the 100 kg (220.46 pounds) weight class with a combined lift of 617.5 kg (1361.4 pounds). RAF Mildenhall's Caleb Morlez placed third with 575 kg (1267.7 pounds) and won best male novice.

In the 90 kg (198.4 pounds) weight class, RAF Mildenhall's Carlyle Perez lifted a combined 555 kg (1223.6 pounds) for second place.

The 82.5 kg (181.9 pounds) weight class included RAF Mildenhall's Mark Gettings who took second with an overall lift of 490 kilos (1080.3 pounds).

The 75.5 kilo (166.5 pounds) weight class had only RAF Mildenhall's Casey Southern who lifted an overall 572.5 kilos (1262.1 pounds) and had the second overall Wilk's score of the entire men's division – an amazing 419.6 kilos (925.1 pounds).

The women's powerlifting was an all RAF Lakenheath and RAF Mildenhall competition, with three competitors, each in her own weight class. RAF Mildenhall's Leigh Carter lifted a combined 247.5 kilos (545.6 pounds) in the 56 kilo (123.46 pounds) weight class, earning the first place Wilk's score and first place overall women's lift title.

RAF Mildenhall's Diana McCormick lifted a combined 282.5 kg (622.8 pounds) in the 67.5 kg (148.81 pounds) weight class and placed second. RAF Lakenheath first-time lifter Lora Gresswell lifted a combined 280-kg (617.29 pounds) for a third place ranking in the 75-kg (165.35 pounds) weight class and best female novice.

Event organizers were pleased with athlete participation and community interest in the event.

"Participation was really great – especially considering real-world activity at the moment," said Lorraine Botwright, 48th Services Squadron fitness program director. "We had a good mix of seasoned competitors and some novice lifters, and that's good for the sport. Several of the novice lifters did really, really well."



Photos by Maj. Francisco G. Hamm

Say Uncle



Photo by Jack Galloway

Jake Bell, Lakenheath High School wrestler, defeats Liz Berry, Wuerzburg High School, Germany for third place at the Division I Wrestling

Championship Saturday here. Bell advances to the European individual championships at Wiesbaden, Germany today and Saturday.

SPORTS SHORTS

Valentines events

☐ The annual Valentines 5K Fun Walk/Run is at 10 a.m. Saturday. The course starts and finishes at the sports and fitness center. Dogs are allowed, but must be leashed.

☐ The annual Valentines Raquetball Tournament occurs Feb. 21 through 23 at the sports and fitness center.

Fitness workshop

The sports and fitness center hosts an excursion to the World Fitness Experience 2003 in Blackpool March 28 through 30 for anyone interested. Departure from RAF Lakenheath is at noon March 27 at the cost of £109 for the fitness workshops plus £23 per night at the bed and breakfast. Pre-registration is required.

Baseball players needed

The Cambridge Monarchs are looking for competitive and dedicated baseball players of all skill levels for the upcoming season. Anyone aged 16 or older can join the team.

Mid-shift bowling

The Liberty Lanes bowling center offers the Mid-Shift Madness Bowling Program from 9 a.m. to noon Feb. 28 for all mid-shift workers and their guests. A free squadron

bowling party will be awarded March 28 to the squadron with the highest participation.

Ultimate circuit

The health and wellness center offers the Ultimate Circuit fitness class 4 to 5 p.m. Monday, Wednesday and Friday, and 4:30 to 5:30 p.m. Tuesday and Thursdays.

Certification course

The sports and fitness center offers a racquetball instructors certification course March 8 and 9 at the cost of \$200.

Coaching opportunities

The Lakenheath women's softball team and the mens' varsity soccer team seeks a coach for the upcoming season. For more information, call Tech. Sgt. George Lebron at 7-3607.

Horseback trip

The youth center offers a horseback riding trip Feb. 22 for youth ages 9 to 18. Cost is \$20 for members and \$25 for nonmembers. Sign-up is required.

Youth swimming

Enrollment for children's weekend swimming lessons is at 2:30 p.m. Feb. 22 at the base pool. Lessons start March 1.

Lady Lancers lose game; hold division title

The Lakenheath High School Lady Lancers succumbed to the Wiesbaden High School girls basketball team 48-47 during a game Feb. 7 in Wiesbaden, Germany.

They came back Saturday to defeat the Wiesbaden team 33-26.

However, the loss shrunk the Lady Lancers lead to one-half game more than their competition, the Ramstein High School Lady Royals in the Division I competition. Currently, the Lady Royals are the European champions as well as the defending Division I champions.

Lakenheath completed the regular season 9-2. Lady Lancer Trinity Bursey had 20 rebounds and 17 points during Saturday's game.

The Lakenheath High School boys and girls basketball teams compete next in the Division I tournament Thursday through Feb. 22 in Mannheim, Germany.





Discover Britain

By Sal Davidson – Community Relations Adviser



Valentine – The History of Love

The origins

There are two main theories to explain how Feb. 14 became synonymous with romance.

The first theory deals with the Roman Feast of Lupercalia, the ancient pagan fertility celebration that honoured Juno, Queen of Roman Gods and Goddesses, held on Feb. 14. During the festival women wrote love letters and put them in a large urn. The Roman men would pull one out and would ardently pursue the women who wrote it. This custom is said to have continued until the 18th century when people decided they would rather choose their valentine by sight.

The other theory surrounds Saint Valentine from who the famous day gets its name. St. Valentine was a third century Roman priest who practised Christianity and performed secret marriages against direct orders from Emperor Claudius II. Claudius believed that single soldiers were more likely to join his army and go away to fight. St. Valentine's secret marriages eventually led to his imprisonment and subsequent execution. Legend has it that he sent a friend (the jailer's daughter) a note signed "From your Valentine" before his execution on Feb. 14, 270. This phrase is still commonly used in Valentine cards today.

Early Christians felt easier about honouring the "Saint of Romance" rather than a pagan fertility festival, and, in 496, the Pope named Feb. 14 St. Valentine's Day in honour the patron saint of lovers.

Some British Valentine customs

In some parts of Scotland, a nametag was carried to the sweetheart's house where an apple or some other small item was given in return for it.

Another Scottish custom was for lots to be drawn three times, the slips of paper being returned to the vessel after the first and second

drawing. If any one drew the same name three times running, it was a certain omen of marriage.

In Derbyshire, if a girl already had a sweetheart and he failed to visit or kiss her on St. Valentine's Day, she was said to be "dusty," and had to submit to being swept by her

companions with a broom or a wisp of straw. Then she had to cast lots with the other girls in the usual way.

Valentine cards

The Valentine card came into being during the 18th century when the expensive gifts of earlier years had gone out of fashion. At first it was hand-made, with little paintings of hearts and flowers and a short verse composed by the sender. The commercial card appeared in the 19th century, complete with ready-made sentiments and decorations, embossed, brightly coloured and gilded, and later on, lace-edged, perfumed and packed in a neat box.

The most romantic place in Britain on Valentine's Day is the small village of Lover in Wiltshire. Thousands of people send their cards via the post office so they can be hand franked with the village postmark which has a heart and two doves next to the name.

The most expensive Valentine card is thought to have been sent by Aristotle Onassis to Maria Callas. Made of solid gold, studded

with emeralds and diamonds and wrapped in mink, it cost £180,000.

Valentine's Day concert in London

The Barbican Hall (within the Barbican Centre) is holding a "Valentines Day Love Classics" concert. Many of the classics will be performed in the show. Tickets are available via the Web site www.barbican.org.uk or the ticket line is open from 9 a.m. to 8 p.m. daily: (02076) 388891. Prices range from £17.50 to £29.50 and the performance is from 7:30 to 9:45 p.m.



Courtesy photo

A mosaic of St. Valentine, the Catholic patron saint of lovers



For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations advisor, at 7-3145, or e-mail sal.davidson@lakenheath.af.mil.



Briefs

Holiday closure

The RAF Lakenheath Post Office closes Monday in observance of President's Day.

School information

The School Liaison Office Web site offers the answers to frequently asked questions, events and volunteer opportunities, school-related information, the Department of Defense Dependents School Calendar, applications for free and reduced lunch program and school registration forms at <https://lww/48msg/dodds/>.

Guard vacancies

The 109th Airlift Wing in Scotia, N.Y., home of the C-130 ski-birds, has Guard

vacancies in the following career fields: 1A1X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2E6X3, 2F0X1, 2S0X1, 2T251, 2W0X1, 3E0X1, 3E1X1, 3E2X1, 3E4X1, 3E7X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4E0X1, 4N0X1, and 6F0X1. Full-time active duty opportunities are available in the 2A5X1 career field. For more information contact Master Sgt. Wesley Ryerson at Wesley.Ryerson@nyscot.af.mil, DSN 344-2456 or 1-800-524-5070.

MOD holiday policy

Supervisors are encouraged to implement a liberal leave policy for Ministry of Defense employees on designated family days and American holidays. The next holiday is Monday, President's Day. If employees wish to take the day off they may request annual leave, leave without pay, or use earned compensatory time. Supervisors may not excuse employees from duty with pay.

Tax center information

The RAF Lakenheath Tax Center is now open. The center is located upstairs in the rear of the legal office in Building 1082, and is open Monday through Thursday from 9 a.m. to 4 p.m. Tax filers can schedule appointments starting Monday. For more information, call 7-1805 or e-mail tax.center@lakenheath.af.mil.

CHAPEL SERVICE SCHEDULE

Catholic

RAF Lakenheath

- ☐ Saturday Mass – 5 p.m.
- ☐ Sunday Mass – 9:30 a.m.
- ☐ Daily Mass – 11:30 a.m. Monday, Tuesday, Thursday and Friday
- ☐ Communion Service – 11:30 a.m. Wednesday

RAF Feltwell

- ☐ Sunday Mass – 11:30 a.m.

Protestant

(All Protestant services held on Sundays unless otherwise stated)

RAF Lakenheath

- ☐ Contemporary Service – 7 p.m. Friday
- Gospel Service – 8 a.m.
- ☐ Protestant Service – 11 a.m.
- ☐ Sunday School – 9:30 a.m.

RAF Feltwell

- ☐ Protestant Service – 10 a.m.
- ☐ Sunday School – 8:45 a.m.

Denominational Services

- ☐ Jewish – Events at RAF Mildenhall chapel.
- Sabbath Services are at 6 p.m. the second and fourth Friday of each month. For more information, call 98-2822.



new arrivals for January ... new arrivals for January...new arrivals for January

Joshua Alexander Hansen was born Dec. 24 weighing 8 pounds, 4 ounces, to Senior Airman Carl and Christy Hansen, 48th LRS.

Elle Raeana Griego was born Jan. 2 weighing 8 pounds, 1 ounce to Staff Sgt. Raymond and Jaqueline Griego, 48th Operations Support Squadron.

Olivia Grace Atkinson was born Jan. 3 weighing 8 pounds, 6 ounces, to Staff Sgt. Matt and Bobbi Atkinson, 95th Reconnaissance Squadron, RAF Mildenhall.

Elijah Samuel Guillery was born Jan. 3 weighing 8 pounds, 8 ounces, to Capt. Sean and Nicole Guillery, 48th Civil Engineer Squadron.

Arriana Melanie Nicole Thomas was born Jan. 6 weighing 6 pounds, 14 ounces, to Airman 1st Class Lamar and Monique Thomas, 48th Logistics Readiness Squadron.

Esperanza Maria Tucker was born Jan. 7 weighing 7 pounds, 15 ounces, to Senior Airman Benjamin and Elena Tucker, 100th Air Refueling Wing, RAF Mildenhall.

Kayla Shea Hickie was born Jan. 7 weighing 6 pounds, 0 ounces, to Capt. Taran and Karen Hickie, 492nd Fight Squadron.

Bridget Ann Bone was born Jan. 9 weighing 7 pounds, 2 ounces, to Tech. Sgt. Robert Bone, 492nd FS and Senior Airman Cassie Bone, 492nd FS.

Jackson Wyatt Ward was born Jan. 10

weighing 8 pounds, 3 ounces, to Staff Sgt. Kurt and Theresa Ward, 48th Aircraft Maintenance Squadron.

Kylie Lea Rhodes was born Jan. 10 weighing 7 pounds, 7 ounces, to Senior Airman Marcus and Stephanie Rhodes, 48th Medical Operations Squadron.

Ryann Nicole Jones was born Jan. 10 weighing 7 pounds, 11 ounces, to Capt. Mike and Kasey Jones, 352nd Special Operations Group, RAF Mildenhall.

Isaac Ryan Guillette was born Jan. 10 weighing 6 pounds, 4 ounces, to Staff Sgt. Kevin and Ganesa Guillette, 100th Maintenance Squadron, RAF Mildenhall.

Vivian Grave Hines was born Jan. 11 weighing 7 pounds, 11 ounces, to Airman 1st Class Larry and Amanda Hines, 48th AMXS.

Matthew Henry Baker was born Jan. 12 weighing 6 pounds, 2 ounces, to Major Susan and Roger Baker, 48th MDOS.

Haley Paige Shewmake was born Jan. 13 weighing 7 pounds, 7 ounces, to Staff Sgt. Derek and Angeline Shewmake, 95th RS, RAF Mildenhall.

Adrian Kawika Jay Kelley was born Jan. 13 weighing 7 pounds, 5 ounces, to Airman 1st Class Bernadett and Jeremy Kelley, 48th Equipment Maintenance Squadron.

Thomas Patrick Emmett was born Jan. 14 weighing 7 pounds, 3 ounces, to Staff Sgt. Robert and Mary Emmett, 100th Maintenance Operations

Squadron, RAF Mildenhall.

Jaden Tristan Hall was born Jan. 15 weighing 7 pounds, 15 ounces, to Staff Sgt. Ephraim and Helen Hall, 48th Logistics Readiness Squadron.

Alyssa Jade Dyson was born Jan. 15 weighing 8 pounds, 15 ounces, to Staff Sgt. Tim and Joy Dyson, 488th Intelligence Squadron, RAF Mildenhall.

Tyrone Lawrence Haskins, Jr. was born Jan. 16 weighing 7 pounds, 11 ounces, to Staff Sgt. Tynisa and Tyrone Haskins, 48th Fighter Wing.

Jonathan Samuel Fravor was born Jan. 16 weighing 7 pounds, 14 ounces, to 2nd Lt. Ken and Laura Fravor, 100th MOS, RAF Mildenhall.

Julian Antonio Reyes was born Jan. 17 weighing 7 pounds, 5 ounces, to Staff Sgt. David and Bernadina Reyes, 48th LRS.

Emma Lauren Clark was born Jan. 17 weighing 8 pounds, 2 ounces, to 2nd Lt. Ronald and Tracy Clark, 100th Mission Support Group, RAF Mildenhall.

Kadence Reana Hilliard was born Jan. 19 weighing 7 pounds, 8 ounces, to Staff Sgt. Kenneth and Karan Hilliard, 48th Security Forces Squadron.

Harrison Henry Hobdy was born Jan. 19 weighing 7 pounds, 11 ounces, to Tech. Sgt. Jonathan and Cherish Hobdy, 488th IS, RAF Mildenhall.

Ariana Elise Gill was born Jan. 22 weighing 9 pounds, 6 ounces, to Maj. Kimberly Musial and

Russell Gill, 48th Dental Squadron.

Jack Alexander Malin was born Jan. 23 weighing 8 pounds, 4 ounces, to Staff Sgt. Michael and Rebecca Malin, 48th AMXS.

Darius Jevon Allen was born Jan. 23 weighing 9 pounds, 14 ounces, to Airman 1st Class Scott and Kari Wilburn, 48th Component Maintenance Squadron.

Jared Lionel Godfrey was born Jan. 24 weighing 7 pounds, 7 ounces, to Tech. Sgt. Barry and Gilda Godfrey, 48th MDOS.

Jacob Wylie Wilburn was born Jan. 28 weighing 9 pounds, 8 ounces, to Airman 1st Class Scott and Kari Wilburn, 48th Component Maintenance Squadron.

Claire Elizabeth Hackney was born Jan. 29 weighing 8 pounds, 5 ounces, to Staff Sgt. Nathan and Sabrinna Hackney, 100th Operations Support Squadron, RAF Mildenhall.

Savannah Ann Mulder was born Jan. 29 weighing 8 pounds, 13 ounces, to Senior Airman Christopher and Lori Mulder, 352nd MXS, RAF Mildenhall.

Naiya Lynn Emery was born Jan. 29 weighing 6 pounds, 12 ounces, to Airman 1st Class John and Mecca Emery, 48th EMS.

Samuel Jacob Groberg was born Jan. 29 weighing 8 pounds, 1 ounce, to Staff Sgt. David and Marie Groberg, 100th Aircraft Maintenance Squadron, RAF Mildenhall.

ry ... new arrivals for January ... new arrival for January...new arrivals for

Correction

The squadron of Majors Barbara A. Kalman and Hans V. Ritschard on Page 7 of the Feb. 7 Jet 48 was misidentified. They are both assigned to the 48th Medical Operations Squadron.

Youth

LIFE activities

☐ The Learning in a Family Environment group holds a home-school activity from 1 to 3:30 p.m. on the first Monday of each month at the base library. Interested customers should enter through the conference room door located on the side of the library.

☐ The LIFE home-school support group hosts a home-school seminar from 8:45 a.m. to 4:30 p.m. Feb. 22 at the base chapel. The seminar is for parents considering homeschooling, new homeschoolers and veteran homeschoolers.

Spelling bee

The Home-School Spelling Bee begins at 9 a.m. Feb. 22 in the RAF Lakenheath Chapel.

Teen lock-in

Liberty Lanes hosts Cupids Arrow Teen Lock-in from 11 p.m. Sunday to 7 a.m. Monday. for youth ages 12 to 17. Bowling, free video games, contest and prizes are included for \$14.

Teen disco

The RAF Lakenheath Community Center offers a Teen Valentine Disco at 8 p.m. today

vents

Special needs support group

The Support Group for Families of Children with Special Needs meets at 6:30 p.m. Wednesday in Building 611. All families who have children with special needs are invited to attend. A support group for siblings and childcare are provided.

Fly-fishing trip

Outdoor recreation offers a trout fishing trip Feb. 23 that includes instruction on the basics of fly-fishing. Interested individuals must sign-up no later than Tuesday. Cost is \$40.

Living in Britain

The RAF Lakenheath relocation manager and community relations advisor are available every Wednesday in the coffeeshop in the market area at 9:30 a.m. to discuss all aspects of living in the United Kingdom.

ARC basket auction

The RAF Lakenheath American Red Cross Basket Auction planned for Feb. 21 is postponed to a later date.

Classes

Bible Study

The base chapel offers a ten-week study on the Old Testament beginning at 6:30 p.m. Wednesday on the second floor of the chapel. Materials will be provided.

Parenting class

Family Advocacy offers a parenting class

MOVIES

RAF Mildenhall 98-2351

Today

6:30 p.m., The Recruit, PG-13, starring Al Pacino and Colin Farrell. James Clayton regards the CIA's mission as an intriguing alternative to an ordinary life, but before he becomes an Ops Officer, James has to survive the CIA's secret training ground Farm, where the veteran Walter Burke teaches him the ropes and the rules of the game. It soon becomes clear that at the Farm, the CIA's old maxims are true: "trust no one" and "nothing is as it seems."

9:30 p.m., Friday After Next, R, starring Ice Cube and K.D. Aubert. A thief is stealing Christmas presents and cousins Craig Day-Day decide to catch the "ghetto Santa" to keep the spirit of the holiday alive.

Saturday

4:00 p.m., Jonah - A VeggieTales Movie, G, animated. The Veggie gang set sail on a whale of an adventure in Jonah. The story of Jonah and the whale as you've never seen it before - a story where everyone learns that one of the best gifts you can give or get is a second chance.

6:30 p.m., The Recruit, PG-13

9:30 p.m., Extreme Ops, PG-13, starring Devon Sawa and Rufus Sewell. A film crew travels to the Austrian Alps where they plan to film three extreme-sports. However, they happen to film a notorious Serbian war criminal and he gives chase, forcing the crew through a number of extreme situations if they hope to survive.

Sunday

3:00 p.m., Harry Potter And The Chamber Of Secrets, PG, starring Daniel Radcliffe and Alan Rickman. Harry and friends return for their second year at Hogwarts, where things are far more intense than before. This tale will be darker and a bit more frightening, as the young Harry begins to come into his own as a wizard while doing battle with Draco Malfoy, the Slytherin Quidditch team and an evil and powerful new foe.

6:30 p.m., The Recruit, PG-13

Monday

6:30 p.m., The Truth About Charlie, PG-13, starring Mark Wahlberg and Thandie Newton. Regina returns home from vacationing in Martinique to find that her husband Charles has been murdered. Their apartment and bank account have been completely emptied. His murder transforms into a belief that, in fact, she must learn the truth about Charlie.

Tuesday

6:30 p.m., The Emperor's Club, PG-13, starring Kevin Kline and Steven Culp. William Hundert finds his world of tradition up-ended with the arrival of a new freshman, the son of a senator. Almost immediately, they become embroiled in a turbulent battle of wills with repercussions that would still be felt a quarter of a century later.

Wednesday

6:30 p.m., Red Dragon, R, starring Anthony Hopkins and Edward Norton. After capturing Dr. Hannibal Lecter, former FBI agent Will Graham is recruited by the agency to help track down a new killer who has slaughtered entire families. To do this, he has to work with the imprisoned Lecter. The FBI comes to believe the killer is in contact with Lecter, and as Will works with Agent Crawford on the case, he finds himself the target of a tabloid reporter. Meanwhile the killer develops an odd relationship with a blind coworker, which may help tame his violent ways - or stoke the fires even more.

6:30 p.m., Extreme Ops, PG-13

Editor's note: The Pine View Theatre is scheduled to reopen in March 2003 after renovations.

for step and blended families at 11:30 a.m. Thursday and Feb. 27 in the family advocacy conference room of the hospital annex.

FSC classes

The family support center offers the following classes:

Monday

11 a.m. Pre-separation briefing

Tuesday, Wednesday and Thursday

8:30 a.m. Transition Assistance 3-Day Program

Tuesday

Noon Heart's Apart Lunch

Wednesday

10 a.m. Sponsor Training

3 p.m. Pet Scoop

6 p.m. Bereavement Support Group

7 p.m. Pre-Deployment Brief

Thursday

8 a.m. Pre-Deployment Brief

10:30 a.m. Pre-Deployment Brief

2 p.m. U.K. Home Buying

Feb. 21

9 a.m. Special Delivery

Feb. 22

9 a.m. Relationship Enhancement.



Photo by Maj. Francisco G. Hamm

Jumping for charity

The Blue and White Rope Skippers demonstration team from Studley, Warwickshire, performed during the Lakenheath Elementary School's Jump Rope for Heart charity event Saturday. More than 130 children jumped to raise more than \$7,000 for the American Heart Association.